



RISKY BUSINESS

RCG Risk Management

RUTHERFORD COUNTY GOVERNMENT

JUNE 2016

Shout Out to the Men in Our Life

The leading cause of death for men in the United States is heart disease (24.6%), followed closely by cancer (23.5 %). Adhering to a healthy lifestyle can help you avoid becoming part of a statistic. The Center for Disease Control (CDC) reports:

- 12.2%** of men 18 years and older are in poor/fair health
- 31.4%** of men 18 years and over have had five or more drinks in 1 day at least once in the past year
- 32.6%** of men 20 years and over have hypertension (measured high blood pressure and/or taking antihypertensive medication)
- 34.5%** of men 20 years and over struggle with obesity
- 52.6%** of men 18 years and over met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity

The purpose of Men's Health week, June 13-19th is to shine a spotlight on the importance of prevention and early detection of chronic disease in men. These numbers will only continue to rise if nothing is done about it. So, with the curve balls life throws at us, we need some simple ways to work on reducing our risk for disease and improving our overall health. Here's the basics:

Get Enough Sleep 7-9 Hours per night

Get Rid of Tobacco Choose a Quit Date

Get Moving 150 Minutes of moderate activity a week is recommended. Being active does not take a lot of time or money, but it does require a commitment. Start slowly and work up. Don't overdo it. Work standing up

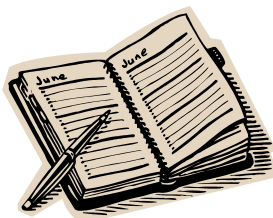
for 5 minutes every hour, do a workout routine or try something different every day. Ten minutes here and there adds up and goes along way.

Control Your Stress Perhaps now more than ever, stress poses a threat to employees health. Engage in activities that decrease your stress. Enjoy your favorite hobby, take a break from your desk, practice deep breathing exercises, go for a walk. Managing your stress can help keep you healthy.

Stay on Top of Your Game Regular checkups and preventative screenings with your doctor are important. Some screenings include blood pressure, cholesterol, diabetes, sexually transmitted diseases, as well as cancers of the skin, prostate and colon. Use the resources available to you through your health plan. When problems are found early, your chances for treatment and survival are greater, so getting routine checkups could help save your life.

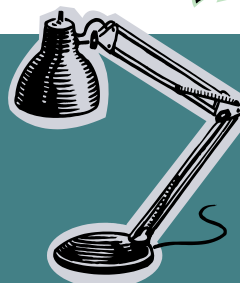
Know Your Risks Your genetics, environment and lifestyle all contribute to your health. These factors may put you at an increased risk for developing certain diseases or conditions. Focus on addressing any behaviors you do have control over, such as your diet, activity level and smoking. Make as many changes as you can to improve your well-being.

Remember What you eat and drink can make a significant difference in your overall health. Eating five or more servings of fruits and vegetables a day, little saturated fat and no trans fats improves health and reduces your risk of heart disease and other chronic diseases.



RUTHERFORD COUNTY GOVERNMENT

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Beat the Rush—get your biometrics & online HRA completed by 7/31 to win! See page 2



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Meet the MedPoint Staff



Carla Adams, RN, MSN, FNP-BC

As a native Nashvillian, Carla Adams received her Bachelor and Masters Degrees from Tennessee State University. Before becoming a licensed Nurse Practitioner, Carla was a registered nurse on the Internal Medicine Floor at Vanderbilt Medical Center. She joined the MedPoint team in 2011 and serves as a Nurse Practitioner. She is an active and engaging member of a Nurse Practitioner organization. Carla's hobbies include traveling, listening to music, and Zumba. She is the mother of a 2 year old son and loves spending time with him.

Join Us as We Learn how to: Eat Right

"Let's get
together and
learn to Eat
Right"



Topics: Understanding Nutrition,
Designing A Meal Plan that works for you
& Eating with Chronic Conditions.

When: Tuesday June 14th @ 5:00 pm

Where: Rutherford County Extension
315 John R. Rice Blvd. Suite 101
Murfreesboro, TN 37129

Join us June 14th at 5:00PM at Lane
Agri Park for our next Lifestyle
Management Class! We will have
discussion and then include 20 minutes
of physical activity.

To R.S.V.P, email
John.Puckett@Cigna.com

Beat the Rush and Win

Win an Apple Watch!

Apple WATCH

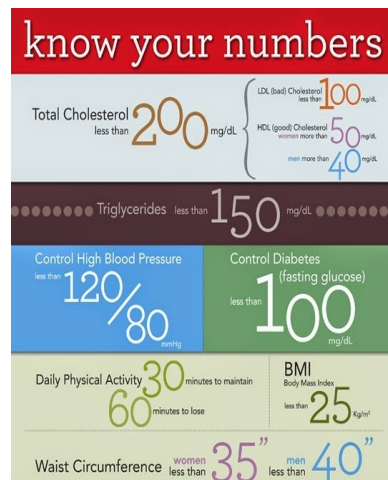


With the September 30th deadline quickly approaching, we want you to beat the usual last -minute "Know Your Numbers Rush."

As a bonus, all employees enrolled in Rutherford County medical plan who complete both the online health risk assessment at

www.mycigna.com and the Biometric Screening with data sent to Cigna **by July 31, 2016** will be entered into a prize drawing to win an **Apple Watch.**

Call 615-904-6770 to schedule your screening now!



VitaMin



Vital health information in a minute

Photo: John Autry

GRILLED FARMERS' MARKET SANDWICHES

Yield: 4 servings (serving size: 1 sandwich)

Total time: 33 minutes

Ingredients

- › 2 tablespoons olive oil, divided
- › 8 (1/2-inch-thick) slices eggplant
- › 2 (1/2-inch-thick) slices red onion
- › 1 large zucchini, cut lengthwise into 4 pieces
- › 2 teaspoons chopped fresh rosemary
- › 1/4 teaspoon black pepper
- › 1/8 teaspoon salt
- › 1 tablespoon white balsamic vinegar
- › 4 (2 1/2-ounce) ciabatta bread portions, cut in half horizontally
- › Cooking spray
- › 4 (1-ounce) slices provolone cheese, halved
- › 8 (1/4-inch-thick) slices tomato
- › 8 basil leaves

Preparation

1. Preheat grill to medium-high.

2. Brush 1 tablespoon olive oil evenly over both sides of eggplant, onion and zucchini. Sprinkle with rosemary, pepper and salt.
3. Combine 1 tablespoon oil and vinegar in a bowl. Brush vinegar mixture over cut sides of bread.
4. Place onion on grill rack coated with cooking spray, and grill for 6 minutes on each side or until tender. Remove from grill, and separate into rings. Grill eggplant and zucchini 4 minutes on each side or until tender. Cut zucchini pieces in half crosswise.
5. Place bread, cut sides down, on grill rack; grill 2 minutes. Remove from grill. Place 1 piece of cheese on bottom halves bread portions; top each serving with 1 eggplant slice, 1 tomato slice, 1 basil leaf, 2 pieces zucchini, one-fourth

of onion rings, 1 eggplant slice, 1 tomato slice, 1 basil leaf, 1 piece of cheese and top half of bread. Place sandwiches on grill rack; grill 2 minutes, covered, or until cheese melts.

Nutritional information

Amount per serving

- › Calories: 386
- › Fat: 16.2 g
- › Saturated fat: 5.9 g
- › Monounsaturated fat: 7.1 g
- › Polyunsaturated fat: 1.1 g
- › Protein: 15.8 g
- › Carbohydrate: 45.5 g
- › Fiber: 6.4 g
- › Cholesterol: 20 mg
- › Iron: 3.2 mg
- › Sodium: 670 mg
- › Calcium: 249 mg

Source: Printed with permission of *Cooking Light*, June 2011



Together, all the way.®

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JUNE 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 "Eat Right" Lane	15	16	17	18
19	20	21 Retirement Ready	22	23	24	25
26	27	28	29	30		

Schedule of Events

6.14.16– Lifestyle Management Class
"Eat Right for Life" 5:00pm

6.21.16- Retirement Ready "There's more
to it than money" Lifeservices Webinar

7.31.16– BIO & HRA info due to Cigna
Apple Watch drawing

9.17.16– Heart Walk @ Saint Thomas

9.30.16– Biometrics screening form and
online health assessment due to Cigna

10.14.16-RCG Employee Wellness Fair



Protect Children Around Water—
ALL THE TIME

Are you safe?

In 2012, almost 17 million Americans were victims of identity theft. The top items misused were bank and credit card accounts. Of the victims, 66% lost money. Stay safe from ID theft with a few simple steps:

Limit mail. Set up online billing and banking alerts to cut down on paper mail and avoid mailbox theft.

Shred. Destroy old bills, statements or direct mail that has your name, address and other sensitive information printed on it. **Lock up.** Set up strong passwords on your phone, tablet and computer to lock out unwanted users.

Be careful in hotspots. Limit use to web browsing instead of mobile banking or other services that require personal log in data. **Check.** Review your bank, credit and other accounts often to check for any unusual activity.

If you are a victim of identity theft, take immediate steps to lessen the damage.

1. Place a fraud alert on your credit report. Call one of the major credit bureaus—that will alert the other two. Placing an alert is free and lasts for 90 days. When you do this, businesses must take extra steps to verify your identity to open an account. This will make it more difficult for a thief to open a new account in your name.



2. Order your credit reports. After you've placed the fraud alert, you are entitled to a free report from each of the major credit bureaus. Review these line by line to see if the information showing on your credit reports is correct. Immediately dispute any errors that are found. If you know what accounts have been tampered with, contact those companies and speak with their fraud departments directly.

3. Create an identity theft report with the U.S. Federal Trade Commission (FTC). To submit an identity theft report, visit the FTC's Web site at <https://www.ftc.gov/> or call 1-877-438-4338. When you are finished reporting the theft, print or get a copy of the Identity Theft Affidavit. Take this document when you file a police report. Get a copy of the police report and store that with your Identity Theft Affidavit. These two documents together are your identity theft report.